

ACTON SENIOR CITIZEN NEWS

SENIOR CENTER: 978-264-9643

December 2004

The COA Office/Senior Center is open weekdays 8 AM-5 PM.

The mailing address for the COA is: Town Hall, 472 Main St., Acton, MA 01720

The Acton Council on Aging Board will meet on Wednesday, December 8th, at 4:30 at the Senior Center, 50 Audubon Drive, S. Acton. All are welcome.

Calendar of Events

	Page
Dec. 1 st – “State of the Town” Meeting	1
Dec. 1 st – Art Reception	3
Dec. 3 rd - Podiatry Clinic	6
Dec. 5 th - “The Reagle Players” trip	7
Dec. 9 th - Boxwood Tree Project	4
Dec. 10 th – Movie Mania	7
Dec. 14 th - Holiday Tea	1
Dec. 15 th - Holiday Special Lunch and Quilt Raffle	2/9
Dec. 15 th – “Strings and Things”	9

A Holiday Tea!

Tuesday, December 14th, at 2:00

To help usher in the Holidays we will be hosting a Tea Party at the Senior Center and you are invited! Join us for a cup of tea and enjoy tea sandwiches and finger desserts with us. Bring a friend, meet someone new and enjoy some Holiday cheer! To add an element of festiveness we invite you to bring along a favorite holiday ornament. Your ornament will become part of your table's centerpiece and be inspiration for holiday stories and sharing of traditions. Please call the COA office at (978) 264-9643 to sign up for this festive event! Men are most welcome too!

Save the Date!

Wednesday, January 12th at 12:30

Join Dr. Christopher O'Donnell, Associate Director of the National Heart, Blood and Lung Institute at the Framingham Heart Study as he presents a program on heart and stroke risk factors. Watch for further details and sign-up information in the January newsletter.

**The Council on Aging and Acton Senior Center will be closed:
Friday, December 24th
Friday, December 31st**



Holiday Greetings

The staff and Board of the Council on Aging wish all Acton seniors and their families a joyous Christmas, Happy Hanukkah, and a safe, healthy and peaceful New Year.



Come to “State of the Town”!

The Board of Selectmen is holding Acton's first “State of the Town” meeting on **Wednesday, December 1st, at 7:00 p.m. in the R.J. Grey Junior High auditorium.**

Information packets will be mailed to all town residents. This is an opportunity for you to give input on issues that matter to you! Issues detailed in the packet relate to:

- 1) Affordable Housing Progress/Chapter 40B
- 2) Property Taxes, Potential Overrides and Resultant Levels of School and Municipal Services

3) Solid Waste Disposal after the September 2005 Termination of the NESWC Contract.

If you aren't able to attend the meeting, comments can be sent via e-mail to the Board of Selectmen at bos@acton-ma.gov.

MINUTEMAN MEAL SITE

Minuteman Lunch is served Monday through Thursday at 11:45 a.m. Requested donation is \$2.00. To sign up for lunch, call 978-263-5053 by 11:00 the day before you wish to come. (Call the COA at 978-264-9651 for transportation, if needed.) **If you are unable to come to lunch, please call the meal-site to cancel your meal.**

The **December Birthday Lunch** will take place on **Wednesday, December 8th**. If you have a **December** birthday, please come for a complimentary lunch. **The Holiday Special luncheon will be served on Wednesday, December 15th. Call to reserve at least 3 days ahead!**

Men's Breakfast

Friday, January 14th, 9:00 a.m.

Please watch the January newsletter for details and enjoy the Holiday season!

Ladies' Lunch

Friday, January 14th, at 11:30 a.m.

Please watch the January newsletter for details and enjoy the Holiday season!

Widows and Widowers

Friday, December 3rd, 1:30- 3:00

Recent widows and widowers are welcome to attend our informal group. Group members share experiences on losing a partner of many years and how to cope with all of the changes. Group members often arrange to meet once for lunch informally between meetings.

We cordially invite all to the **COA Holiday Tea** on December 14th; please see page one for information and how to RSVP.

Co-leaders are Carol Steiner and Steve Baran. Please call the COA if you have any questions about the group or would like to join us.

ASK THE LAWYER

Attorney Leslie Madge, a certified Elder Law Attorney, offers **20 minute** private legal **consultations** by appointment at no charge to Acton seniors. Please check the January newsletter for the next time she will be here. The COA can offer names of elder law attorneys in our area.

EXERCISE PROGRAMS

NO EXERCISE CLASSES 12/23 – 12/31/04.
"Stretch and Flex" with Terri Zaborowski – Mondays from 8:45 to 9:45; runs through January 10th. Class full.

Aerobics with Terri Zaborowski- "Senior Cardio-Flex": through week of January 31st.

Tuesday & Thursday (Nov. 30th – Feb. 3rd) from 9:00 to 10:00; or Wednesday & Friday (Dec. 1st – Feb. 4th, no class Dec. 24th or 31st) from 9:00 to 10:00.

Warm-up and stretch aerobics and muscle conditioning, then a cool-down segment.

"Beginner to Intermediate Stretch and Tone":

Tuesday & Thursday (Nov. 30th – Feb. 3rd) 10:15 to 11:15. Class full.

NEW WINTER WEATHER POLICY!

When the Acton Schools are closed, Senior Center classes, programs and the Minuteman meal site will be closed. The Council on Aging office will remain open; call (978) 264-9643. Listen for school cancellation information on WBZ (Channel 4), WCVB (Channel 5) and WHDH (Channel 7) or radio stations WEEL and WBZ.

Safety Sand 2004

"Safety Sand for Seniors" has begun. All pails have been delivered or initially refilled for this season. Additional refills are available as the winter progresses. Call Carol Steiner at 978-264-9643 if you are in need of a refill.

Senior Center Lending Library

Books are available for lending or taking – please check out the dining room bookshelves! If you wish to donate, please bring your books to the COA office. Books must be clean, in very good condition and popular fiction or non fiction; our space is very limited!

Also available on loan: Many **VCR video tapes!** They are shelved next to the big screen TV in the living room. No rental fees, no return deadlines, no late fees! Sign them out and enjoy!

Senior Center Art Display

Local artists grace the COA walls!

The original art works presented by Acton Seniors continue to be displayed at the Senior Center. We have enjoyed **Alice Brunton and Linda Gilberti's** work through the month of November and are now pleased to announce the works of oil and pastel artist **Carol Pope** during the month of December. Please enjoy the artwork at any time the living room is available, and plan to join us for a reception with Carol on **Wednesday, December 1st, from 1:00 to 2:00 p.m.** Light refreshments will be served.

Durable Equipment Loan Cellar

The Acton COA maintains a **cellar** of donated durable medical equipment **to be loaned out** to Acton seniors as needed. Please call before you buy new equipment - we may have it in our cellar! The most frequently borrowed are **tub benches, shower chairs and raised toilet seats** (no commodes, please) and are often in short supply so if you have one taking up valuable space, we would be glad to add it to the loan cellar.

We appreciate all of your donations!

Please do not ***"drop off"*** donations without calling ahead.

All donated equipment must be clean and in very good condition.

Currently we **do not need** any additional commodes or walkers.

Thank you to all who have donated!

Genealogy Group

Please look for the Genealogy Group to reconvene in **March**. Further information will be available in the January newsletter.

Bach's Lunch at Indian Hill Music

Bring your lunch to Indian Hill Music School and enjoy a free concert of jazz and classical selections! The next program will be offered on **Thursday, December 16th from 12:00 Noon to 1:00 p.m.** at 36 King Street in Littleton.

COA GROUPS AND CLASSES

All students must sign-up for classes. Call the COA office for space availability and to sign-up at (978) 264-9643.

MONDAYS – Drop-In Bridge – Mondays, through January 17th, from 10:00 to 12:00.

The Wednesday Beginners Bridge class is welcome to join in on the fun!

Choral Singing – Monday, December 13th and 27th, from 12:45 – 2:00. We sing for *FUN* and have a great pianist and song leader. Join us as the more the merrier!

MONDAYS AND FRIDAYS – POKER: 1:00;
New players are always welcome!

"The Bookies" will meet on **Monday, January 24th at 2:30 p.m. (please note the time change) to discuss **"Dust Tracks on a Road"** by **Zora N. Hurston**. The leader will be Carolyn Goblick. Copies of this book may be available at the Acton Memorial Library. Please join us and consider bringing a friend! All seniors are welcome whether you have read the book or would just like to hear about it.**

TUESDAYS – Watercolor with Sue Nordhausen – Classes run through December 7th, from 1:30 to 3:00 p.m. Class full. The next session starts on Tuesday, January 11th and runs through March 8th.

WEDNESDAY – Watercolor with Cynthia Durost – Learn basic watercolor techniques, composition and use of color. New and beginning students are welcome. **Class starts on January 5th and continues through March 9th, from 9:00-10:30 a.m.**

✂Acton Senior Quilters✂

WEDNESDAYS, 10:15 to Noon: Self-directed quilting group meets to work on various projects. Quilters of all levels are welcome.

Ping-Pong/Pool: every day after 12:30. We are always looking for new players! Please check COA calendar for dining room schedule conflicts.

Knit & Crochet: Join us **at 12:30 on Wednesdays, December 8th, 22nd and 29th** as we work on our needlework projects and share ideas. Newcomers and **yarn donations** are welcome!

A "new" cooking program...
See page 7 for details!

Holiday Boxwood Trees and You!

Thursday, December 9th, at 1:00 p.m.

Those beautiful but pricey to purchase Boxwood trees are such a holiday favorite! Join floral arranger Betty Harrington to create your own table top tree on **Thursday, December 9th at 1:00 p.m. at the Senior Center. All materials will be provided at a cost of \$20** but you may choose to embellish your tree at home with your own materials. **The materials fee is due upon sign-up to confirm your place in class; please stop by the COA to sign up by Monday, December 6th.** This class is sure to be a big hit again! Students do need to bring a pair of pruning shears or wire cutters.

HATS off to you!

Come choose a pattern, collect your materials and knit up a hat or two for yourself, a friend, family or to donate through us to local organizations. We have gathered a collection of fun patterns so come take a look! Pick up your pattern in the COA office in plenty of time so you can collect your scraps of yarn or shop for the perfect materials and then come knit with us on **Wednesday, January 19th at 12:30.** It will be fun to see what develops and what ideas we can share! **Stop in to the COA office to sign up and to choose a hat pattern.**



Computer Tech Support

Does your computer have a problem? Is your printer acting up? Do you need help installing software or getting something to run smoothly? Call the COA office and leave your name, phone number and question. Our tech support team will be in touch with you to see how we can help! Don't get frustrated, get computing!

Friendly Visitor Meeting

All Friendly Visitors program participants are invited to attend our Holiday Tea Party December 14 from 2-3. Invitations will be sent to all involved in this wonderful program.

Giuseppe Verdi: Don Carlos and Don Carlo Opera Classes in January

Depending on what sources you read, there are at least seven versions of these operas. In 1867 a French grand opera was produced in Paris, already shortened from its original version, but still very long. In 1872 the first Italian version was produced in Naples, with later revisions in Milan and Modena. What are we to do with these, arguably, "greatest of all (at least, Verdi's) operas?"

With two new DVD's, one a French version and one an Italian version, we will listen to as many variants as possible and discuss the changes, while watching these beautiful and thoughtful productions on a large screen television.

These four weeks promise to be the operatic treat of the year! **Tuesday afternoons, January 4th, 11th, 18th and 25th with February 1st and 8th reserved as snow dates, from 12:30-3:30.** Class reservations required; call (978) 264-9643.

Lots of COA Volunteer Opportunities:

Wheel-A-Meal Drivers	Office Support
Handymen	Workshop Leaders
Newsletter Mailers	Group Leaders
Ladies Lunch Corps	Friendly Visitors
AND MORE!	

We are ***always*** looking to add both regular and substitute **Wheel-A-Meal Drivers.**

❖ We HAD a few screws loose! ❖

Thank you to John Vanderpoel and Neville Harris for their help with our screwy problem (our folding chairs needed maintenance). We are all sitting a little steadier now!

ABRHS Junior Fall Raking Project

Thanks to the 65 Junior Class members for the leaf raking on Friday, November 19th.

Thank you notes (no donations please) may be addressed to:

David Green, Junior Class advisor,
ABRHS, 16 Charter Road
Acton, MA 01720

Thank you donations can be sent to:
Friends of the Acton COA
PO Box 2006
Acton, MA 01720.

ACTON HANDYMAN PROGRAM

Handyman Hiatus Dec. 15-Jan 6

for the holiday season. Requests will be taken but will not be done until after Jan 6th.

The Acton Handyman Program, offered **entirely by volunteers**, is designed to help Acton seniors with **small** repairs and **simple** household jobs, for example:

- Glue loose handrails, chair legs, etc.
- Light bulb/smoke detector battery replacement
- Assemble bookshelves, etc.
- Mattress flipping
- Simple computer, TV, VCR, DVD connections and more!

Call the COA to request Handyman service.

This well used program should not be used in place of necessary professional services requiring licenses and permits, nor for the many tasks needed to set up a new household. We will try to offer the resources to find local services as necessary.

SENIOR VAN SCHEDULES

The Acton COA van is available to all Acton seniors (age 60 and over) and disabled Acton residents and is available Monday through Friday. **Reservations should be made weekdays between 8:00-12:00 noon by calling (978) 264-9651.** Please have the name, telephone number and address of your destination available when you call. Because of the number of requests it is necessary to **CALL AT LEAST A DAY in advance**, sooner if possible. **One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.**

The Road Runner Van is also available to Acton senior citizens. **Their new schedule, starting December 1st, is: Tuesday, Wednesday and Thursday, from 9:00 – 3:30.** Please call them at #1-800-589-5782, at least 24 hours in advance. Their fares are the same as the COA van.

For more information on the Acton Council on Aging and the Senior Center go to <http://www.acton-ma.gov>. Our monthly newsletter is also available at this web site.

SMOC Fuel Assistance

Need help paying your heating bill?

New applications for fuel assistance for 2004/2005 are being taken from **October 27th through April 30th**. If your yearly gross household is at or below the amounts listed, you may qualify for fuel assistance and discounts on utility and telephone bills.

Household size	Maximum gross income:
1	\$ 18,620
2	\$ 24,980
3	\$ 31,340
4	\$ 37,700

(call for income guidelines for larger families)

Call Carol Steiner at the COA 978-264-9643 for more information.

The Friends of the Council on Aging manage an **Emergency Fuel Assistance Fund.**

Contact Jean Fleming at the COA for information. (978) 264-9643

HEALTH INSURANCE AND PRESCRIPTION DRUG UPDATES

- Medicare premiums and deductibles, 2005.

Medicare A: Inpatient Hospital Deductible: \$912

Medicare B: Monthly Premium \$78.20
Annual Deductible: \$110

- Blue Cross/Blue Shield and United Healthcare:

Will have Open Enrollment period for their MEDEX and MEDIGAP SUPPLEMENTS through the end of December 2004.

Coverage will begin January 2005.

- Prescription Drug Discount Cards:

For individuals with an annual income of less than \$12,576 or couples with income less than \$16,872, you may qualify for the annual Transitional Assistance award of \$600 to be used on prescription drugs.

For information on the above or any other health insurance or prescription concerns, please call the COA office at (978) 264-9643 to leave a message for the SHINE counselor. She usually returns calls or makes appointments on Mondays.

SENIOR CENTER CLINICS

Hearing: Thursday, December 16th; 1-3 p.m.

Fred Gerulskis conducts hearing tests, checks hearing aids and makes some repairs. Free.

Please call to register.

Podiatry Clinic: Friday, December 3rd; 8-

10:00, sponsored by the Acton Nursing Service. \$20.00* fee. The purpose of the clinics is to provide podiatry services that are not covered by insurance. Dr. Burtoft, DPM, provides basic services such as evaluation and nail clipping. *This clinic is funded by the Friends of the Acton Nursing Service. Fee can be waived in case of financial hardship.

Call 978-264-9653 for an appointment for Podiatry and Cholesterol Clinics.

Cholesterol Screening: The next clinic will be held after the first of the year. Please call the Nursing Service at 978-264-9653 to schedule an appointment or if you have any questions. Fee \$10.00

Blood Pressure: Tuesday, December 14th, between 9 and 11 a.m. The Acton Public Nursing Service sponsors free monthly blood pressure clinics at the Senior Center. No appointment is necessary.

Metrowest Caregiver Support Project

Minuteman Senior Services is offering in home caregiver consultation and training free of charge to any caregiver of a senior (60 and over) in this area. Michelle Hughes is a registered physical therapist with experience in a variety of health care settings and can help caregivers with concerns and questions about home safety, fall prevention, use of adaptive equipment, etc. Please call Minuteman Senior Services at (978) 263-8720 for more information or to request this service.

The **Veteran Homestead Medical Van** is at Acton Town Hall on **the fourth Wednesday of the month, 10 a.m. to 3 p.m.** for health screenings and to address other health concerns.

Alzheimer's Services

Alzheimer's Association Helpline

1-800-548-2111. Available for calls 7 days a week, 24 hours a day.

Monthly evening support groups:

These two groups are open to family members and caregivers of someone with Alzheimer's Disease or other related dementias:

1) Acton Senior Center, Wednesday, December 15th, 6:00 p.m.

For information, call Jean Fleming at (978) 264-9643.

2) The Inn at Robbins Brook on the 4th Tuesday of each month at 6:00 p.m.

For information, call Joanne Shaughnessy at (978) 264-4666.

Monthly morning caregivers support group:

3rd Tuesday of the month at 10:30 a.m..

Concord Park Assisted Living Residence in West Concord. **Call Pat Oliphant (978) 318-0046.**

Early stage Patient and Carepartner

Support Group Open to the person with early stage memory problems and their carepartners

First Tuesday of each month, (winter hours) 2:00-3:30 p.m., Concord Park Assisted Living Residence

In West Concord

Call **Arlene Parillo at (781) 863-1166.**

Cooperative Elder Services, Inc. runs an **Adult Day Health and Alzheimer's Care Program** in Concord. Please call **Pat Oliphant at (978) 318-0046.**

Minuteman Senior Services provides, free **in-home consultations.** Please call **978-263-8720** for more information.

GOING AWAY FOR THE WINTER?

Please give us a call so we can temporarily take you off our mailing list while you are away. Unfortunately we cannot send newsletters out of town so please stay informed of upcoming events and trips by:

- Calling your friends in Acton
- Calling our office at (978) 264-9643
- Checking the Town of Acton website at www.acton-ma.gov.

Please call us when you return and we will resume mailing the newsletter to you. Thank you.

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check. Some trips fill up very quickly.
2. **Payment is required two weeks prior to the trip, unless otherwise noted.** If payment is not received in time, your name will be removed from the sign-up and a wait-listed person will be contacted. **We will return your check if you cannot go and if your place can be filled.** If signing up for multiple trips please make separate checks for each.
3. **Checks** should be made out to: The **FRIENDS of the Acton COA.** You may deliver your check to the office or mail to: COA, Town Hall, 472 Main Street, Acton
4. **Please park** towards the **back** of the lower parking lot, away from the function hall **behind St. Elizabeth of Hungary Church, 89 Arlington Street.**
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the FRIENDS.
6. **Always bring a copy of your FILE OF LIFE card with you on trips.** If you do not have it you may be denied a seat on the trip.
7. **When signing up for a trip it is expected that each traveler will participate in every aspect of a trip. Staying on the bus is not an option.**

Please call the COA office starting Monday, November 29th, to sign up for all trips, programs and classes.

Reagle Players Christmas Show
Sunday, December 5th, at 2:00 p.m.

Join us for this wonderful annual theatrical performance. This high quality theater is just down the street in Waltham and we will have a great afternoon! The Reagle Players are nationally recognized and this is a wonderful way to celebrate the holidays! **Save Monday and Tuesday evenings, December 6th and 7th if we need to use a snow-date. No refunds, sorry!**

COST: \$42.00

Depart: 1:00 p.m. St. Elizabeth Church Lower Back Parking Lot

Full payment due immediately.

Boston Symphony Open Rehearsal
Thursday, March 17th

We will travel to the BSO Open Rehearsal to enjoy James Levine as conductor. The program will include J.S. Bach (orch. Schoenberg) Prelude and Fugue in E-flat, BWV 552, *St. Anne*; Ives Symphony No. 2; Varese *Ameriques* and Gershwin *An American in Paris*.

COST: \$25.00 (bus and rehearsal admission)

Depart: 8:00 a.m. St. Elizabeth Church Lower Back Parking Lot

Full payment due by March 3rd.

COA Trip Certificates

The certificate, available in various denominations, can be used on future trips of your choice. Please call the COA office at (978) 264-9643 for details. These certificates are available for purchase in the COA office during the entire year.

Senior Cinema: at 12:30 p.m.

Thursday, December 2nd: - "Supersize Me" – documentary.

Thursday, December 9th: - "The Clearing" – intelligent thriller, rated R.

Thursday, December 16th: - "Harry Potter; The Prisoner of Azkaban" – science fiction.

Thursday, December 23rd: - "Elf" – comedy.

Thursday, December 30th: - "Day After Tomorrow" – science fiction.

Movie Mania on Friday, December 10th

At 10:30 we will show "Before Sunrise", serve pizza at \$1.50/slice at 12:30 and run "Before Sunset" at 1:00. These are sequential movies and are rated R. Please call the COA office to reserve your seat and to place your pizza order.

What's Cooking?

Do you like to bake cookies, brownies, muffins, maybe a fun snack or different drink? This Recreation Department program is the class for you! We will meet with children ages 2-5, in the Senior Center kitchen, to "mix-up" a little fun and friendship. The group will get together on **Fridays, March 11th, 18th, 25th and April 1st from 10:30-11:30.** There is no charge but please call the COA to register for this fun class!

Holiday Mini-Fair at Memorial Library
Saturday, December 4th, 10-1;
Snowdate: December 11th

Twelve non-profit organizations serving Acton will offer a wide range of gift items at the Holiday Mini-Fair. The Fair will be held Saturday, December 4th from 10-1 in the meeting room of Memorial Library, 486 Min Street.

Items available include everything from notepaper to cookbooks, sweatshirts to CD's and everything in between! The Friends of the Council on Aging will sell raffle tickets for a beautiful handmade quilt; the Acton Garden Club will raffle a lovely holiday arrangement and Eastern Mass. Literacy Council will sell raffle tickets for holiday items.

The Mini-Fair is a wonderful opportunity for people to do holiday shopping among friends and find unique local gifts while supporting organizations that are part of the greater Acton community.

**The Salvation Army is Recruiting
Bell Ringers**

The Salvation Army is recruiting volunteers and some paid (\$6.50/hour) bell ringers for the 2004 annual holiday fund drive. If you have time and are willing to ring one hour a week or more, please call Dr. Mary Donald (978) 263-7855. The red kettles will be located in front of Donelans, Kmart, Roche Bros. and Stop and Shop. You can choose your location and hours. Please consider helping this organization that helps so many in need. The drive is from November 15th through December 24th.

ACTON COA STAFF

Jean Fleming, Director

Barbara Winders, Assistant to the Director

Carol Steiner, Outreach/Volunteer Coordinator

Debby Mozzicato, Program Coordinator

Ron Paskavitz, Van Driver

Steve Ryan, Substitute Van Driver

Holiday Fire Safety Tips

The Acton Fire Department, in conjunction with the Office of the State Fire Marshal, has compiled a two page printout of helpful hints for preventing fire tragedies in your home, particularly related to the holiday season. Here are some highlights, which hopefully we all know, but always bear repeating this time of year:

- Trim trees with flame retardant decorations.
- Keep trees away from heat sources, such as radiators, wood stoves and fire places.
- Water the tree daily, and dispose of before the needles dry out and become a fire hazard.
- If you select an artificial tree, choose one that is labeled "fire retardant".
- Unplug all decorative lighting before leaving the house or going to bed.
- NEVER LEAVE A CANDLE UNATTENDED. NEVER HANG CANDLES ON A TREE.
- When using decorative lights indoors or outside, use only approved lighting for both indoor and outdoor use.
- Check all lighting for frayed insulation or broken plugs and sockets. If the plug is damaged, DO NOT USE IT.
- Never overload outlets; use GFI outlets if possible.
- Put no more than three strands of lights on an extension cord.
- Never hide extension cords or electric wires under carpets.
- Be sure ALL SMOKE DETECTORS ARE OPERATING.
- Try to have a fire extinguisher accessible.
- If using a fireplace or wood stove, make sure chimney is well maintained.
- Use an approved container to dispose of hot ashes and secure tightly so loose embers can't ignite a fire.

Stay safe and enjoy this special time of year.

Flu Vaccine Update

Acton senior citizens 75 and older who have not received the flu vaccine, please call the Acton Public Nursing Service to schedule an appointment. If you are 65 or under and have a chronic medical condition, call the Nursing Service to see if you can receive a flu shot, with a form to be filled out by your physician.
The Acton Nursing Service phone number is (978) 264-9653.

Acton Senior Quilters

Raffle to Benefit Friends of the COA

A lovely twin/full size quilt in the "Country Lanes" pattern will be raffled off on **December 15th** during the Holiday Luncheon at the Senior Center. The proceeds will benefit The Friends of the Acton Council on Aging, which supports many programs and classes at the Senior Center. **Tickets may be purchased for \$1.00 each or a booklet of 6 tickets for \$5.00.** Contact the COA office for information on how to purchase raffle tickets.

The "**Guide to Accessible Dining in Acton**" is available at the Senior Center. This valuable booklet, developed by the Acton Commission on Disabilities is a great resource to have on hand.

Senior Work Program

The Senior Work Program employs senior citizens on a temporary basis within the departments of Acton's municipal government. \$750 can be earned each fiscal year with the goal of assisting seniors with their real estate taxes. Please contact the Council on Aging for an application.

"Strings and Things"

December 15th, at 1:00 p.m.

This 6 piece band will entertain us with novelty and holiday songs. This group, featuring three vocalists, offers sing-a-long, some oldies and some instrumental pieces. Please join us at the Senior Center for this wonderful holiday celebration!

ACTON COUNCIL ON AGING

Town Hall, 472 Main Street

Acton MA 01720

Return Service Requested

PRSRT STD

U.S. Postage Paid

Acton, MA

Permit #67